

PANHANDLE PATH TO HEALTHY LIVING



NATIONAL DIABETES MONTH

In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

- Get a physical. Regular checkups let us know where we stand and what changes we need to make. Ask questions, too!
- When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.
- Keep track of your goals. We are more likely to be honest if we write down our daily intake than if we just guess.
- Get a buddy. It's more fun when we make changes together than if we go it alone.
- Learn more from the American Diabetes Association.

Kelli Rehman

DIABETES



What is TYPE 2 DIABETES?

▶ A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY.**

- ▶ The body fails to use insulin correctly, or
- ▶ The pancreas fails to make enough insulin



About **1 in 4** adults with diabetes **don't know** they have it.

More than **30 million** adults in the U.S. have diabetes

What are the SYMPTOMS?

Feeling hungry even while eating

Extreme thirst

Frequent urination

Slow-healing cuts

Blurred vision

Numbness in hands or feet

What Parts of Your Body Can BE AFFECTED BY DIABETES?

- Nervous System
- Eyes, Teeth & Gums
- Coronary Arteries
- Kidneys
- Blood Vessels
- Feet & Skin

Why is it DANGEROUS?

High blood sugar can:

Increase risk of heart disease or heart failure

Lead to stroke

Threaten vision, limbs & extremities



KEEP UP WITH HEALTH VISITS to find & treat problems early.

With help, **YOU CAN CONTROL DIABETES.**

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ Go to CardioSmart.org/Diabetes to learn more about making healthier choices.



If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters



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Mindful Eating During the Holidays

Between leftover pie from Thanksgiving, holiday dinner parties, goodies from your neighbor, and treats at work, it might start to feel like there are sweets wherever you turn. One way to avoid eating too many sugary or high-fat foods is to practice more mindfulness while eating.

Food is an important part of the holiday season! It brings people together and is part of many holiday traditions. Don't miss out on the joy food brings by strictly restricting certain foods. Eating mindfully is a much simpler way to eat healthy and avoid unwanted weight gain during the holidays!

The Mindfulness Basics

Mindfulness brings the focus back to the food. Have you been surprised at how quickly you ate a bowl of popcorn while watching a movie? This can happen when you are not paying attention to what you are eating.

Here are a few steps to help you eat mindfully this holiday season.

Ponder: Before eating, ponder the question "Am I really hungry?". Sometimes we eat out of boredom or because there is something right in front of us. If there is something that looks tasty, but you are not hungry – save it for later!

Example: If a co-worker brings treats to the office, take one back to your desk and eat it when you are hungry.

Assess: When you have food in front of you,

take a moment to think about it. Think about how it looks, smells, and if it is actually something you want to eat. Ask yourself how the food will make you feel – good, happy, bad, sick?

Slow: Slow it down! Take time to really taste your food. Setting down your fork or spoon after every 1-2 bites makes it easier to tell when you are full.

Savor: Enjoy each bite! Think about the flavors and texture.

Stop: When you are full, stop eating. It might seem obvious, but we often feel a need to eat everything on our plate. Instead, start with smaller portions and get more food as needed. You can always put leftovers in the fridge if you don't clear your plate.

Mindfulness applies to physical activity too! Choose exercises that make your body feel good and bring you joy! Make a goal to be

physically active 30 minutes each day during the holidays.



Have a have a happy and healthy holiday season!



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Path to Protection..... Food Safety

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with a slow cooker. It is perfect for making overnight oatmeal, a game-day dip or even a winter stew. This is a dream come true for any multitasker, but if you neglect food safety rules, this dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

1. **Start with a clean space.** Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands.
2. **Keep perishable foods refrigerated as long as possible.** Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
3. **Prepare meat and vegetables separately.** If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
4. **Always defrost meat or poultry before putting it in the slow cooker.** Defrosting will ensure your food cooks all the way through to the safe internal temperature. Defrost in the refrigerator, never at room temperature.
5. **Pay attention to temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Start your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time — for example, if you are leaving for work. Just make sure your food reaches the proper internal temperature (see number 9).
6. **Make sure your foods fit.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
7. **Cut up your meat.** Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding to the slow cooker.
8. **Keep the lid on.** It is important to retain the heat when making a slow cooker meal, so avoid taking off the lid. Only remove the lid to stir or check for doneness.
9. **Use a food thermometer.** The *only* way to know for sure that your food is safe to eat is with a food thermometer. Consult the Is My Food Safe? app or an internal temperature guide to determine the proper internal temperature.
10. **Store leftovers in shallow containers and refrigerate within two hours.** One of the best parts of your slow cooker meal is the leftovers. But you must make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer, contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu



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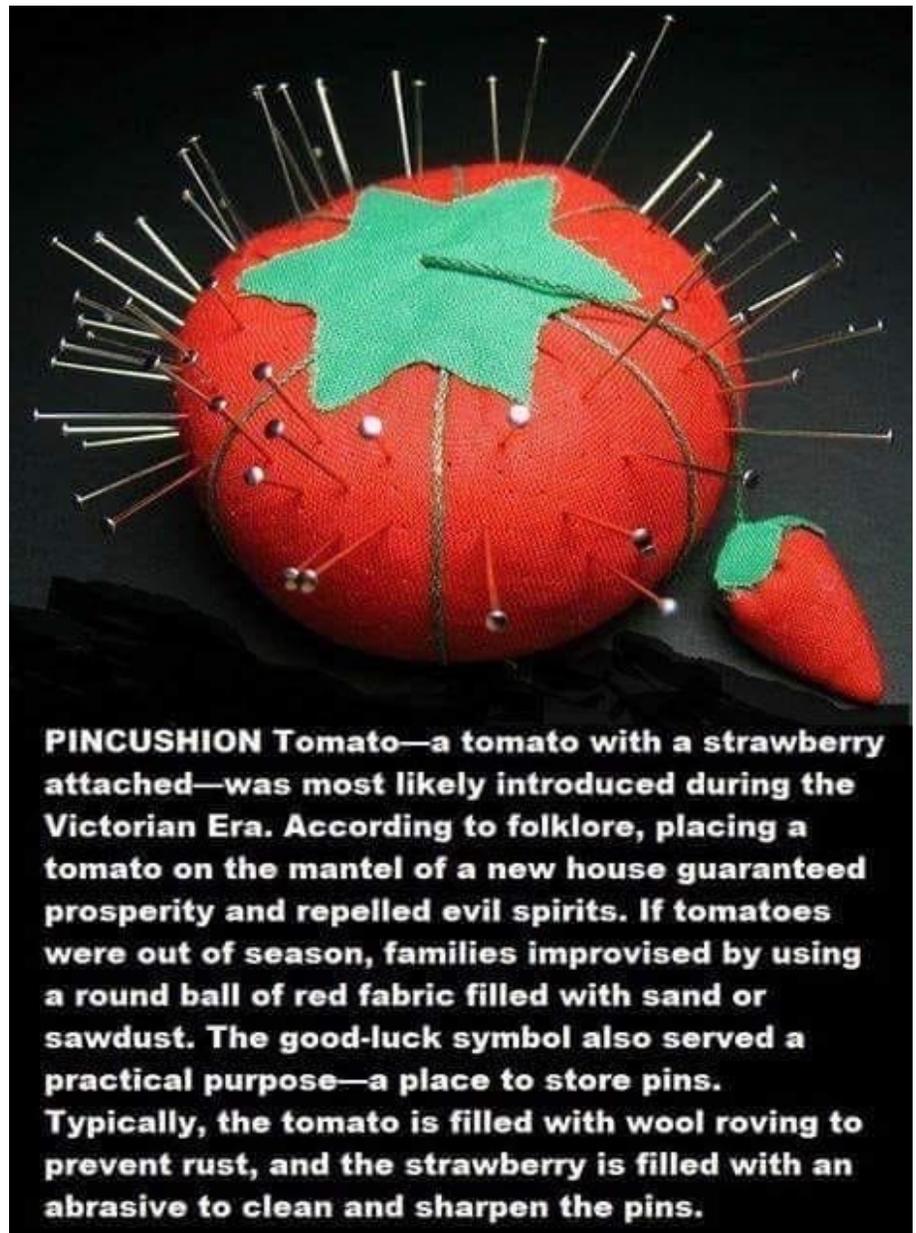
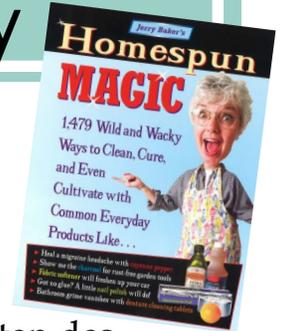


<https://randall.agrilife.org/>

Path to County

Give Thanks & Give it Away

Local schools and theatre companies are often desperate for clothing donations for their costume departments. So the next time you're ready to get rid of some old clothes, give those organizations a call. And don't forget to take the tax deduction.



PINCUSHION Tomato—a tomato with a strawberry attached—was most likely introduced during the Victorian Era. According to folklore, placing a tomato on the mantel of a new house guaranteed prosperity and repelled evil spirits. If tomatoes were out of season, families improvised by using a round ball of red fabric filled with sand or sawdust. The good-luck symbol also served a practical purpose—a place to store pins. Typically, the tomato is filled with wool roving to prevent rust, and the strawberry is filled with an abrasive to clean and sharpen the pins.



Join us in celebrating the 25th anniversary of the Texas Capitol Ornament program with this special commemorative ornament. This year's ornament design was inspired by the south façade of the statehouse and pays homage to the very first Texas Capitol Ornament designed in 1996. Finished in 24K gold, this three-dimensional keepsake features the Capitol dome and south entrance, colored in the same hue as the Texas Sunset Red granite used to build the Capitol. Above the south entrance are the six seals of Texas. The Capitol dome is complimented by the American flag and Texas flag, flying just as they do every day over Capitol Square. The doors open to reveal the statehouse south foyer, framed by the marble statues of Stephen F. Austin and Sam Houston, which were sculpted by celebrated artist Elisabet Ney in her Hyde Park studio in Austin, Texas. Inside, you can see the circa 1936 terrazzo floor leading to the Capitol rotunda that showcases portraits of the Presidents of the Republic and Governors of the State of Texas.

2020 Texas State Capitol Christmas Ornaments

Purchase FACE to FACE
Visit the Randall County Extension Office -\$25

Herbert F & Jeannie Kuhlman Extension Center
200 North Brown Road, Canyon, TX
(Corner of Hwy 60 & Brown Road)

When purchasing face to face, please wear face covering.

Monday, October 26th	10:00 a.m. – 12:00 p.m.
Saturday, November 7 th	9:00 a.m. – 11 a.m.
Tuesday, November 10 th	5:00 p.m. - 7:00 p.m.
Thursday, November 19 th	5:00 p.m. – 7:00 p.m.

ORDER BY MAIL

Complete the form below and drop in the mail.
\$30 (Includes Postage & Handling) Ships December 1, 2020

Name _____

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_____ Ornaments @ \$30 (postage & handling are included)
Make checks or money orders payable to Randall TEEA
Mail to Mary Rice, #2 Weick, Canyon, TX 79015

ORDER USING YOUR ACCOUNT

\$30 (Includes Postage & Handling) Ships December 1, 2020

- Click Send & Request at the top of the page.
- On the Send Money page, enter randall-tx@ag.tamu.edu and click Next.
- Enter the amount, choose the currency, add shipping address, and click Continue.
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Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



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Family & Community Health

<http://randall.agrilife.org>

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Path to Plate Roasted Pears with Nut Oat Crumble

How will you add fruit to your holiday feast? Try this tasty, seasonal pear recipe! You may find yourself singing, "...and a partridge in a pear tree!"

Pears are in season during the winter months, which means they are at their peak flavor and usually on sale.

Servings: 8

Ingredients

- 4 Pears
- 1 tablespoon olive oil
- ¼ cup rolled oats
- ¼ cup pecans or almonds, chopped
- 2 tablespoon raisins
- 2 tablespoon brown sugar

Instructions

Core and slice pears in half, place flesh side up on an ungreased baking sheet.

Brush flesh side of pears with olive oil, bake in oven at 350 degrees for 10 minutes

While pears are cooking, combine oats, nuts, raisins, and brown sugar in a bowl until well combined.

Remove pears from the oven and evenly distribute topping among the pear halves. Bake in the oven for an additional 5 minutes. Remove and enjoy!

Total Cost per serving: \$\$\$

<https://dinnertonight.tamu.edu/recipe/roasted-pears-with-nut-oat-crumble-topping/>



Nutrition Facts	
8 servings per container	
Serving size	(106g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.